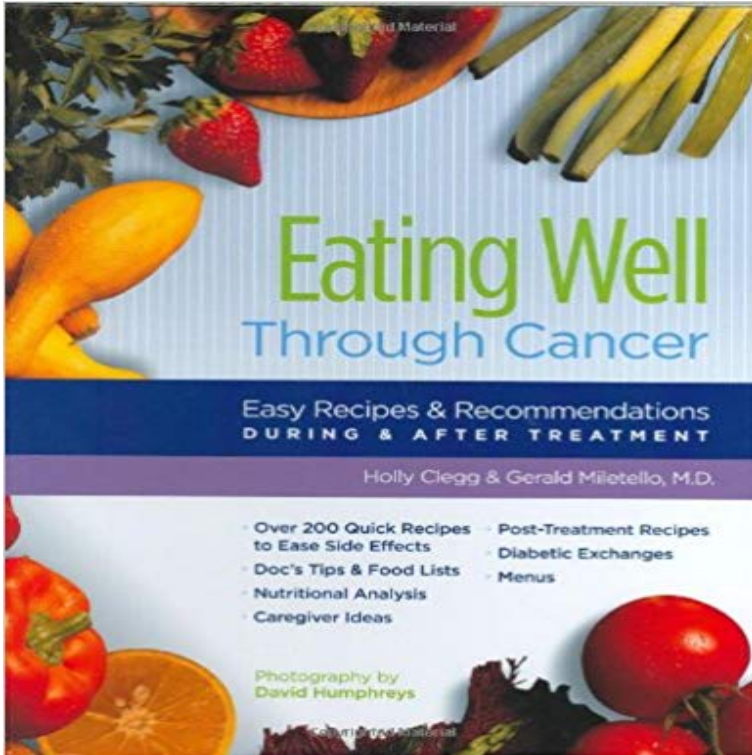


# Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment



A cancer cookbook for cancer patients and caregivers with easy-to-follow recipes that focus on the best foods tolerated to ease side effects during chemotherapy and radiation. This cancer cookbook includes everyday, healthy recipes to combat side effects such as day of chemotherapy, sore mouth, neutropenia, nausea, constipation, and weight-loss with also also chapters for caregivers, snacks and healthy eating. While the book is for cancer patients, the whole family, young and older, will enjoy these scrumptious, 30-minute healthy recipes. With an oncologists chapter introduction, docs notes, menu planning, tips, nutritional analysis, diabetic exchanges, the book serves as a guide for nutrition before, during, and after cancer treatment.

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